



Peter Kelly for council?

Bedford incumbent Outhit says mayor may want his seat PAGE 4

STAR POWER

THE EXPENDABLES 2, STARRING SYLVESTER STALLONE, SHOWS THAT YOU CAN NEVER HAVE ENOUGH HIGH-PROFILE TALENT ON THE BIG SCREEN PAGE 13



HALIFAX

metro

metro | facebook.com/metrohalifax

Tuesday, August 21, 2012

News worth sharing.



SUBURBAN ON TOP

Valley United's Robyn McNeill, left, and Suburban FC's Sophie Langille-Broderick battle for the ball during the Nova Scotia EastLink Premiership women's soccer final at Mainland Common on Monday. Danielle MacDonald scored the winning goal in the 90th minute as Suburban beat Valley 1-0 to capture the provincial title. Story, page 20. JEFF HARPER/METRO

Funds urged for upgrades

HRM staff recommend \$264K to fix up Barrington Street heritage buildings PAGE 6

Calls mount for withdrawal

U.S. congressman says sorry for rape remark but refuses to pull out of Senate race PAGE 8

Bill redesign spurs apology

Bank of Canada chief Carney promises review after 'Asian' banknote controversy PAGE 11

NewPage deal shouldn't affect rates – in theory

UARB-approved.
7-year pact includes oversight mechanisms

The provincial consumer advocate says the newly approved deal between Nova Scotia Power and the prospective owner of the NewPage mill shouldn't affect anyone else's power rates — but it's a heavily qualified shouldn't.

"The way it was designed and developed ... it might work," said John Merrick. "But it's such a complicated deal, and the margins are so thin, it wouldn't take much to have it turn out that not only were we not getting \$20-million contribution on fixed costs, but we might have to kick in something in addition."

The Utility and Review Board has approved a complex partnership between the power corporation and Pacific West Commercial Corp. that grants tax-free dividend payments to Nova Scotia Power in exchange for reduced

Quoted

"This is a Rube Goldberg construction, and we're about to put the little metal ball in the intake part and watch it go through to see if it works."

Consumer advocate John Merrick

power costs at the idled NewPage Port Hawkesbury plant. The arrangement calls for Pacific West to contribute at least \$2 per megawatt hour towards the fixed costs of generating power, to a minimum of \$20 million over the first five years.

Merrick says the main risk to ratepayers is the possibility that the cost of providing power to the mill has been underestimated.

"I know a lot of the evidence at the hearing expressed concerns from various consultants that they'd incorrectly calculated those costs," said Merrick.

E.A. Nelson Blackburn, the provincial small-business advocate, lobbied unsuccessfully for Pacific West to make a greater contribution towards fixed costs, but says the UARB has managed the risk to ratepayers through some key oversight clauses.

"We didn't get what we wanted, but if they don't make \$20 million towards fixed costs over those five years, it can be reopened," he said. "So that's a safety valve for small business and ratepayers and anybody else."

Blackburn says he's also pleased with a requirement for NSP to provide regular reports to the UARB on the partnership. The board has also ordered an independent audit of the pricing mechanism after the company submits its first two quarterly reports.

A NSP spokesperson said the company wouldn't comment on specifics of the deal until it has been approved by the Canada Revenue Agency.

RUTH DAVENPORT/FOR METRO

MORE COVERAGE, PAGE 3



As an Information Technology Specialist, you'll know what to do.

Be ready for the exciting and challenging world of networks and computers. Our program covers the basics to the latest in technology and more.

Classes start September
1-866-429-3494
successcollege.ca



Hey Jetta Trendline, how come you guys don't stick around the lot these days? :(

We'd love to, but people keep taking us home.

What's your secret?

Well...we have, power windows, power locks, ABS brakes, 60/40 split folding rear seats, electronic stability control, auxiliary input, 6-way manually adjustable seats, and a five speed manual transmission. All for only...

\$12,375 + freight, PDI, tax and fees.

Now that's something to shout about!



Hillcrest Volkswagen. Family Driven Since 1979.

3154 Robie Street, Halifax 453-2790 Sales@HillcrestVW.com HillcrestVW.com



* Includes \$500 Volkswagen Loyalty Incentive. Excludes \$1,365 freight and PDI, license, insurance, registration, options, and applicable taxes. Dealer order/trade may be necessary. Model shown with features and options that cost extra and may not be available at the time of purchase.

Province extends \$124.5M lifeline to NewPage mill

Fall restart. Funding announcement follows approval of special rate deal with NSP

The government of Nova Scotia has announced a \$124.5-million funding package in efforts to help resume operations at the idle NewPage Port Hawkesbury paper mill this fall.

Premier Darrell Dexter made the announcement Monday, saying he was certain the funding would help the mill's prospective buyer, Pacific West Commercial Corp., turn the facility's fortunes around.

"The mill has the most modern machine in North America and we are helping position it to take advantage of this and become a leader in producing supercalendered paper," Dexter told reporters in Port Hawkesbury.

Under the deal, the provincial government is offering Pacific West Commercial financial incentives including \$66.5 million in loans, \$26.5 million of which could be forgiven if the Vancouver company meets certain criteria.

The government has also agreed to buy about 20,840 hectares of land from New-

By the numbers
\$33M

Pacific West Commercial Corp. plans to buy the NewPage mill in Port Hawkesbury for \$33 million.

Page Port Hawkesbury for \$20 million, a purchase Dexter says will help meet the province's commitment to increase Crown land share. That money would go to the mill's creditors, who accepted a settlement last week on what they're owed from the mill.

The deal would also give Pacific West Commercial \$3.8 million annually for 10 years to support forest land management and sustainable harvesting.

A spokesman for Pacific West Commercial said the funding was a "critical" step toward restarting one of the mill's two papermaking machines, which the company is hoping to do next month.

"The package really allows us to get out of the starting gate with a strong start," Marc Dube said in an interview.

"Now we have to be certain that we implement all the aspects of our business plan so that the mill can be successful



Premier Darrell Dexter, left, speaks with NewPage retiree Roddie MacDonald and Inverness MLA Allan MacMaster on Monday in Port Hawkesbury after announcing details of a provincial package to help reopen the idled paper mill. CAPE BRETON POST

for a long, long time."

Dexter's announcement came moments after Nova Scotia's Utility and Review Board approved Pacific West Commercial's application for a special power rate deal with Nova

Scotia Power.

Under the arrangement, the private utility company would receive tax-free divided payments for electricity instead of a regular tariff. The deal would last until the end

of 2019.

The board's ruling still requires approval from the Canada Revenue Agency. It's unclear when that decision will be made.

THE CANADIAN PRESS

Pacific West payout akin to ransom: McNeil

Premier Darrell Dexter's office says the decision to commit \$124.5 million to Pacific West Commercial Corp. will mean \$11 million annually for Nova Scotia's economy.

Dexter announced the assistance at a press conference in Port Hawkesbury Monday morning. Over \$66 million of that money comes from the Nova Scotia Jobs Fund, formerly the Industrial Expansion Fund, while the remaining \$58 million will come from the Department of Agriculture.

Monday's announcement brings the total assistance offered to the beleaguered

Quoted

"This is a lot of public money with no guarantees."

Liberal leader Stephen McNeil

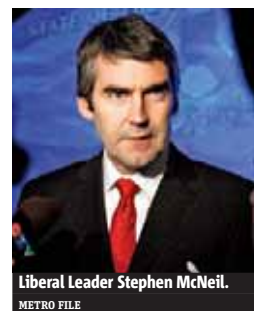
NewPage mill, which Pacific West has offered to buy for \$33 million, to \$154.5 million over the past year.

Liberal Leader Stephen McNeil said it looks to be a pretty good deal — for Pacific West.

"This is \$120 million of public money, roughly, we're talking about.... This is a lot of public money with no guarantees," said McNeil.

"(My question is) what can we do to diversify the economy so that one employer doesn't come in here and end up really holding the county at ransom, (and it) seems like they've held the province at ransom."

McNeil said his party is concerned there doesn't appear to be any guarantee that Pacific West will keep the mill running into



LIBERAL LEADER STEPHEN MCNEIL

the future.

Pacific West spokesman Mark Dube refused to make that guarantee on Monday,

but indicated the company intends to walk the walk.

"Words are cheap," he said. "Our actions and how we make this happen will certainly be followed by many. And we're confident we can do it."

Dexter told reporters the mill will still face challenges in the global market, despite the assistance.

"This will not happen without risks," he said. "The reality of the paper industry and the current state of European markets means we must be innovative and strategic."

ALEX BOUTILIER/METRO

Equipment seized

Police arrest 2nd man in counterfeit money cases

Financial crime investigators have made another arrest related to HRM's recent rash of funny money.

A release from Halifax Regional Police says a 41-year-old Dartmouth man was arrested after officers

raided an apartment on Albro Lake Road on Sunday.

Investigators seized fake bus tickets and U.S. five and 20-dollar bills, along with the equipment needed to make counterfeit money.

The suspect is also facing charges related to a case of counterfeit money that was used at a Dartmouth Crossing business on Aug. 8. He is scheduled to appear in Dartmouth provincial court on Oct. 16.

A 36-year-old Dartmouth man was arrested last week and charged in connection with a case of counterfeit money that was used at a business on Albro Lake Road.

Police say there have been 12 cases of counterfeit money being used in HRM over the last month and charges have been laid in four. The remaining eight are still under investigation. RUTH DAVENPORT/FOR METRO

Public's help wanted

Police investigate daylight sexual assault on woman

Halifax police are investigating a sexual assault against a woman walking in the area of Quinpool Road and Robie Street last week.

Police say at 5:15 p.m. last Wednesday, the 22-year-old victim was approached

by a man who began speaking to her, then reached out and touched her inappropriately before fleeing. The incident was reported to police two days later. The suspect is a middle-aged white man with scruffy facial hair. He was said to be wearing a dark windbreaker-type jacket with a logo and a hat with "RCMP" in bold letters. Anyone with information is asked to contact police or Crime Stoppers. METRO

1 NEWS

Mobile news



Helvetica is bold and in-your-face; Arial is as cool as a cucumber. Scan the code to check out one blogger's take on the personalities of fonts.



Could outgoing Mayor Peter Kelly, left, be taking a run at Tim Outhit for the new council seat in Bedford-Wentworth? METRO FILE

Council races crowded with 3 weeks to nomination deadline

Municipal election. Rumour mill suggests Peter Kelly planning last-minute council bid

RUTH DAVENPORT
halifax@metronews.ca

Nomination day for the 2012 municipal election is three weeks away, and a robust fight is shaping up in most of the new districts.

There are at least two announced candidates in every district, with two exceptions: District 4 (Cole Harbour-Westphal) and District 16 (Bedford-Wentworth). The incumbent

councillors, Lorelei Nicoll and Tim Outhit, appear headed for acclamation — though rumour suggests Outhit will face a surprise last-minute contender.

"The rumour is that Mayor Kelly is planning a run for council in Bedford, because he hasn't had any job offers," Outhit tells Metro.

Peter Kelly did not return calls from Metro seeking comment.

Kelly announced in February that he would not seek reelection as mayor, following a lengthy report in The Coast detailing his questionable handling of a friend's estate. Kelly said 17 years as mayor had taken a toll on his personal life, and has said several times

Quoted

"I'm preparing to fight, whether I get acclaimed or not."

Coun. Lorelei Nicoll, so far the lone candidate in the new District 4 (Cole Harbour-Westphal)

since that he has not changed his plans to leave public life.

However, Outhit says he's heard from several sources that the mayor is "putting out feelers" about a possible run.

Outhit, who was elected in a 2008 byelection, says he'd welcome the challenge from Kelly, who was a popular councillor in Bedford before becoming mayor.

"If he runs in Bedford, it will be a good fight, but I think that he will see that I have done what I said I would do," said

Outhit. "Bedford has changed, and a lot of people seem to think that he's changed. So it will be an interesting contest."

Outhit has not launched his campaign yet, saying he's waiting until after Labour Day.

Five contenders are vying for the mayoralty.

Although most candidates have already announced their intention to run, none is considered an official candidate until the Returning Officer signs their nomination papers on Sept. 11.

Voters list. How to make sure your name is on it

HRM residents planning to vote in the upcoming municipal election have until Friday to make sure they're on the voters list.

Voters can use the online lookup tool, available at halifax.ca/election, to ensure they're on the list. The tool will ask for your name, date of birth and address.

Anyone not on the list will receive instructions on how to have their name included.

Residents who are on the list

Election day

This year's municipal election is on Saturday, Oct. 20.

will receive a voter-notification letter in the mail after Sept. 24.

Voters can also be added to the list at the polls on election day. You must provide identification bearing your name and address, and a declaration that you're eligible to vote.

RUTH DAVENPORT/FOR METRO

Crime

Man charged with breaking into Eastern Passage homes

Halifax police have charged a 22-year-old Dartmouth man with break-and-enter in relation to an incident last week in Eastern Passage.

Police say on Aug. 16 between 1 and 5 a.m., three

homes were broken into in the Rosewood Lane and Briarwood Drive area.

In each incident, the residents were home, but no one was harmed.

Police allege the same man is responsible for the break-ins, with the culprit stealing cash and purses.

The 22-year-old is facing three charges of break-and-enter and is due in Dartmouth provincial court on Oct. 24. METRO

Ridings. Commission asks for final report extension

Nova Scotia's electoral boundaries commission has asked for a three-week extension for its final report.

The commission is expected to deliver its final report on a proposed redrawing of the province's ridings by Aug. 31.

But Darryl Eisan, director of the commission, says it has asked the provincial government to delay that deadline until Sept. 21.

Its work stoked some controversy after the province's Justice Department rejected its

interim report in June.

At the time, the government said the interim report failed to meet the legislature's terms of reference by retaining four designated ridings for the province's Acadian and black communities, where voter populations are below those of other ridings.

The commission's chairwoman disagreed, saying the terms of reference weren't mandatory, but the commission later agreed to revise its interim report. THE CANADIAN PRESS



Summer SAVIN' DAYS

HELD OVER UNTIL AUG 31ST

ASK US ABOUT SPECIAL PRICING FOR DND



2012 NISSAN SENTRA 2.0

0% FINANCING FOR 72 MONTHS
0% LEASING FOR 60 MONTHS

OR UP TO **\$3250** IN Summer SAVIN'



2012 NISSAN ALTIMA SEDAN

0% FINANCING FOR 84 MONTHS
0% LEASING FOR 60 MONTHS

OR UP TO **\$4500** IN Summer SAVIN'

THE ULTIMATE ALTIMA CLEAROUT



2012 NISSAN VERSA HATCHBACK

0% FINANCING FOR 84 MONTHS

OR UP TO **\$2500** IN Summer SAVIN'

WE'LL BUY YOUR CAR

O'REGAN'S

DRIVING HIGHER STANDARDS

NISSAN HALIFAX DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484
WWW.OREGANSNISSAN.COM

Find us on Facebook

Offers are model specific. See dealer for complete options and details on all available programs.

Former newcomer helps others enjoy Montreal's student life

Reflecting on her time studying in Montreal, Liang Dong praises her life of as foreign student. "It's great, but a bit different than what I was used to in Shanghai," explains the accounting student, who had to adapt to a different teaching style and hearing French on the Metro each morning.

"At first it was a bit hard, but one week later it was good," adds Liang, who quickly made new friends from Spain, Argentina and the Philippines at her home-stay residence.

Liang's experience brings back memories for Cindy Bong, an Investment and Personal Banking Specialist at Scotiabank's 437 St.-Jacques Branch. Before joining the Bank more than 10 years ago, Cindy came from Malaysia with her sister, and the two students were also enchanted by Montreal.

"It was an adventure for us, since everything was new," recalls Cindy, who studied at nearby Concordia University. "It was a bit difficult to adapt to a new language and culture, but the people were so friendly and welcoming."

Today, Cindy shares that same hospitality with international students and other newcomers. She first met Liang when the student came in to activate her bank account, and Cindy offered advice in Mandarin about everything from credit cards to affordable apartments.

"My conversations with newcomers always cover much more than banking," notes Cindy, who tells customers about discounted shopping and local activities, such as the Dragon Boat Festival and the sidewalk sales in Chinatown.

Liang was ready to learn more about life in Montreal, since she had already opened her Canadian bank account before leaving China, through Scotiabank's alliance with the China Everbright Bank. As a result, on arrival in Canada, she could soon begin utilizing the **Scotiabank StartRight**[®] Program¹ for International Students, which includes free day-to-day banking², a range of credit card options³ and a number of other customized services and benefits.

"This made it so much easier for me. I have friends who had to open accounts by themselves after they arrived and it can be complex," explains Liang. She has since helped fellow students set up bank accounts, and they remark that Scotiabank compares very well to other Canadian banks that have too many limits on student accounts.

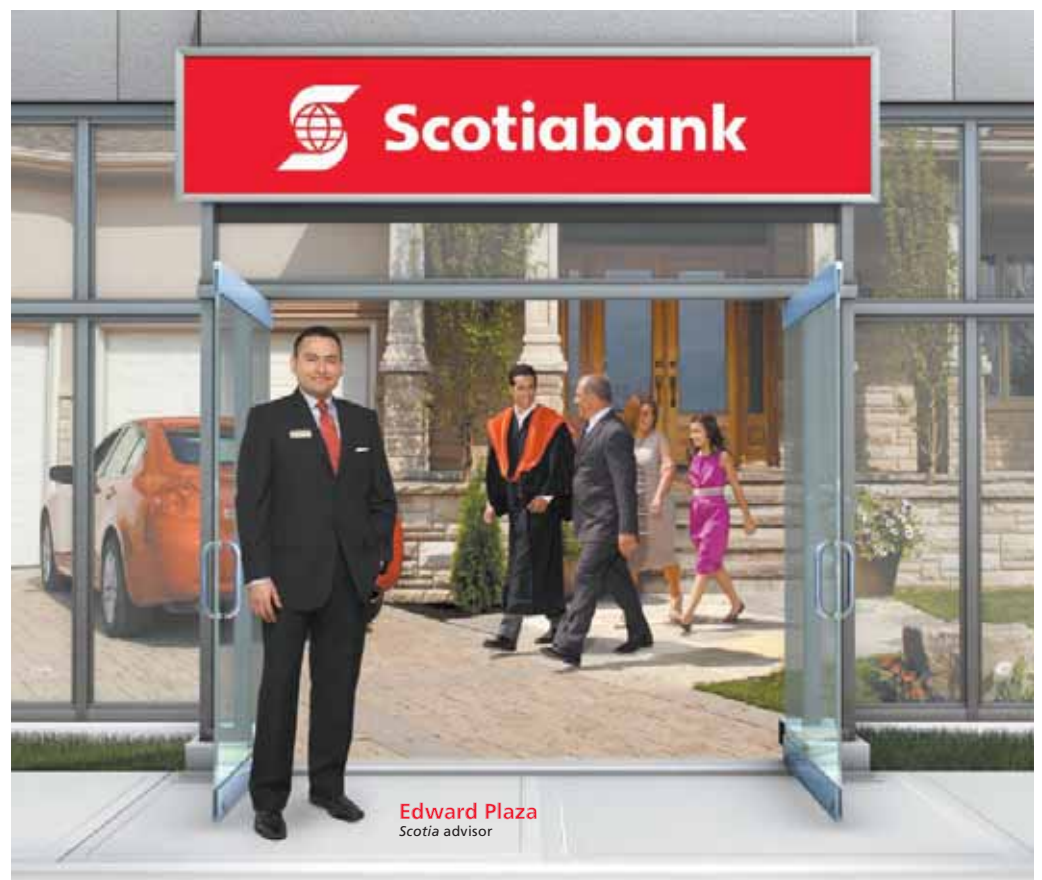
Cindy also takes the time to give international students sound financial advice, such as tips on safe debit card and ABM use, and how to minimize service fees. "Students are always budget conscious, so they like our no-fee options, and our SCENE *ScotiaCard* debit card that lets them earn points for free movies."

Smiling at the thought of her own student days in Montreal, Cindy adds that, "I know how they feel, so I tell them about my own experience, to help open the door to their lives in Canada."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK[®].



Liang Dong can focus on her studies in Montreal, thanks to the support Scotiabank provided before and after she arrived from Shanghai.



"Edward helped open the door to our new start in Canada."

The **Scotiabank StartRight**[®] Program¹, specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable *Scotia*[®] advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank
StartRight[®]
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

© Registered trademarks of The Bank of Nova Scotia.

1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

2. Qualifying students are full-time students enrolled at a Canadian university, community college, CEGEP or other recognized post-secondary institution. To take advantage of the **Student Banking Advantage Plan** account benefits, you will need to provide your branch with proof that you are enrolled full-time at a qualifying post-secondary institution each academic year prior to November 30th. When you are no longer enrolled full-time or you have not presented proof of enrolment, the plan will be removed and the account will automatically be converted to an account that is suitable to you based on your recent transaction behaviour. Personal identification requirements must be met.

3. Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured VISA card may be available up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.

© Registered trademarks of the Bank of Nova Scotia

Man accused of murder agrees to remain in further custody

A 45-year-old Sydney man charged with second-degree murder made a brief provincial court appearance Monday and consented to a further remand until Sept. 17.

Charles Jack Wheeliker is charged in connection with the death of a 35-year-old North Sydney man, Troy Francis Johnston.

Cape Breton Regional Police were called to a Townsend Street apartment in Sydney shortly before



The residence where Troy Francis Johnston died. CAPE BRETON POST

midnight on Friday where they were met by EHS paramedics who had tried unsuccessfully to revive the victim.

An autopsy confirmed the death was a homicide but police are declining comment on the exact cause of death.

Wheeliker is being held at the Cape Breton Correctional Centre and was ordered to have no contact with the victim's mother.

CAPE BRETON POST

Bridgewater. Police say body of man in river not suspicious

Police in Nova Scotia have recovered a man's body from the LaHave River in Bridgewater.

The body was found by the Bridgewater Fire Department on the east side of the river near the Bridgewater Marina around 4 p.m. on Monday.

Police say the death is not considered suspicious.

An autopsy will be conducted to determine the cause of death.

Police say that they are waiting to notify the man's family before they will release his name.

THE CANADIAN PRESS

Cape Breton

Man guilty of three sex offences

A man will be sentenced in January after being found guilty Monday of committing three sex offences involving minors.

Jose Pimental, was found guilty of sexual interference, sexual touching and sexual assault. CAPE BRETON POST



Pedestrians walk in front of the Mary McAlpine building on Barrington Street on Monday. JEFF HARPER/METRO

Downtown heritage building upgrades recommended

Changes. Funding could be used for internal and external improvements on four Barrington Street properties



ALEX BOUTILIER

alex.boutilier@metronews.ca

Municipal staff are recommending HRM's heritage advisory committee approve over \$264,000 in grants and tax credits to refurbish four Barrington Street buildings.

The money falls under the municipality's Heritage Conservation District Financial Incentives Program, a five-year, \$3-million program to encourage restoration and improvements to downtown heritage facilities.

Four buildings — 1725 Bar-

ington (Cabot building), 1668-1670 Barrington (Nova Scotia Furnishings), 1667 Barrington (Buckley's Building) and 1569 Barrington (Mary McAlpine) — are being recommended for a total of \$264,900 in funding.

That amount exceeds the \$200,000 annual budget for the program, but the extra cash is available because it wasn't used in 2011-12, the report indicates.

"While the (program) has an annual grant budget of \$200,000, only \$119,750 was allocated to grant requests in 2011-2012 and the unused budget (\$80,250) was transferred into the Culture Development Reserve," the report reads.

The committee could alternatively decide to keep the program capped at \$200,000, according to the report.

The funding would be used for a variety of interior and exterior upgrades for the four buildings. The Cabot, Nova

Deadline

The amount remaining in HRM's five-year, \$3-million Heritage Conservation District Financial Incentives Program is \$411,622. Building owners must apply by March 1, 2013, to be eligible for the final year of spending.

Scotia Furnishings and Mary McAlpine buildings applied for exterior stone, façade and roof improvements, while the Buckley's building requires plumbing and electrical upgrades.

Nova Scotia Furnishings is being recommended for the most cash, with \$89,244 in combined grants and tax incentives, followed by Cabot (\$81,440), Mary McAlpine (\$66,241) and Buckley's (\$27,975).

Any final determination on the spending rests with Halifax regional council as a whole.

Caillou, Inspector Gadget

Halifax-based DHX Media buys Cookie Jar Entertainment

Children's show producer and Halifax-based DHX Media Ltd. expects to increase global sales on digital platforms like Netflix and mobile devices following a \$111-million deal to buy Toronto's Cookie Jar Entertainment.

Cookie Jar Entertainment, with shows such as Caillou and Inspector Gadget, is already the No. 1 supplier of kids' programming to online content provider Netflix.

THE CANADIAN PRESS

Bluenose II. Dismantled dome big step in relaunch

A massive dome that has covered the Bluenose II during its rebuild on a Nova Scotia waterfront has been dismantled, signalling a major step towards relaunching the vessel.

The temporary shelter in Lunenburg has covered the schooner for the past two years during its \$17-million restoration.

Nova Scotia's sailing ambassador will now need to be repositioned onto a ramp to enter the water.

Further preparations and tide conditions will be considered in determining when the vessel returns to the water.

Replica

The Bluenose II, launched in 1963, is a replica of the original Bluenose, a Grand Banks fishing schooner that won worldwide acclaim for its graceful lines and flat-out speed.

The Nova Scotia government has said that the schooner is expected to be ready for public sailing next summer.

The government has yet to officially announce a launch date. THE CANADIAN PRESS

EXPERIENCED ACCOUNTANT...

PART-TIME ONLINE

FORENSIC ACCOUNTING AND FRAUD INVESTIGATIONS STUDENT

Forensic Accounting and Fraud Investigations - Graduate Certificate
Now available part-time online and full-time online

LEARNING IS A LIFESTYLE. EDUCATION THAT FITS.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Choose how you want to study:

- Take a course
- Start a part-time online program
- Commit to a full-time online program

FALL CLASSES START SOON. SELECT YOUR PROGRAM TODAY.

GOAlgonquin.com/PTOL

ALGONQUIN
COLLEGE

Canadian forces. Navy plans replacement of glitch-prone submarines

Naval planners have started to lay the groundwork for the possible replacement of the country's second-hand, glitch-prone Victoria-class submarines, arguing such warships are a necessary part of Canada's arsenal.

Planners say the country will likely need bigger, quieter boats that can perform stealth missions, launch undersea robots and fire guided missiles at shore targets.

A nine-page briefing note from the country's top military commander last year sets out the justification for

maintaining submarine capability, and comes at a time when the Harper government wants budget savings in both the near and long-term.

The report looks at what kinds of boats will be on the market between 2020 and 2050.

Ottawa was awash in rumours last spring that the current submarine program was on the chopping block because of its enormous expense and repeated setbacks, including a fatal fire aboard one boat in 2004.

THE CANADIAN PRESS

Support group stands behind transgender ban

La Leche League. Motherhood organization says allowing Winnipeg man a leadership role violates their policy

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son in the wake of a motherhood support group's refusal

to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLC) recently informed Trevor or MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man,



Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

which contravenes the organization's policy definition of

motherhood. Only women can serve as leaders, according to LLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFACT Canada, a non-governmental organization that promotes breastfeeding, called LLC's policy "unacceptable."

While LLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

TORSTAR NEWS SERVICE

CELEBRATE



PAY NO INTEREST

0% FINANCING FOR 60 MONTHS

ON OUR MOST POPULAR MODELS*

From \$27,875*



From \$15,875*

2012 Tiguan

Or purchase from

\$355 /month
for 84 months

1.9% APR**

2012 Jetta

Or purchase from

\$199 /month
for 84 months

1.9% APR**

\$235 down payment

+ \$500 discount for Volkswagen owners[†]

Think affordable.



Insurance Institute for Highway Safety
Top Safety Pick
2012 Tiguan / 2012 Jetta



Das Auto.

1-800 DRIVE VW

vw.ca

*Limited time purchase finance offer available through Volkswagen Finance, on approved credit, on the following select new and unregistered 2012 models: Jetta, Golf 3-door, Golf 5-door, Golf Wagon, CC, Routan, Tiguan and Passat. TDI Clean Diesel models, Golf GTI, Golf R, Jetta GLI, Eos, Touareg and Beetle models are excluded. MSRP of \$15,875/\$27,875 for a new and unregistered 2012 Jetta 2.0L / 2012 Tiguan 2.0T base model with 5-speed/6-speed manual transmission. Financed at 0% APR for 60 months equals \$264.58/\$464.58 per month. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is \$0 for a total obligation of \$15,875/\$27,875. \$1,365/\$1,580 freight and PDI, PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Limited time purchase finance offer available through Volkswagen Finance, on approved credit. MSRP of \$15,875/\$27,875 for a new and unregistered 2012 Jetta 2.0L / 2012 Tiguan 2.0T base model with 5-speed/6-speed manual transmission. Financed at 1.9% APR for 84 months equals \$198.99/\$354.66 per month. Down payment of \$235/\$0 or equivalent trade-in, due at signing, may be required. Cost of borrowing is \$840.47/\$1,916.79 for a total obligation of \$16,715.47/\$29,791.79. \$1,365/\$1,580 freight and PDI, PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. †Offer of \$500 available on cash purchase, lease and purchase financing (through Volkswagen Finance, on approved credit), on new and unregistered models. Offer available for current Volkswagen owners only. Proof of ownership may be required. Certain conditions apply. Dealer may sell for less. Dealer order/trade may be necessary. Offers end August 31, 2012 and are subject to change or cancellation without notice. 2012 Jetta Highline 2.5L as shown is \$24,875. 2012 Tiguan 2.0T with Sport Package as shown is \$40,275. Certain options and accessories may be extra. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2012 Volkswagen Canada.

E. coli

Produce supplier to recall lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that were shipped to 19 states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Holy skinny dip

Rep. Congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

THE ASSOCIATED PRESS

Province of Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said.

THE CANADIAN PRESS

Regina

Razor blades found in pool

Police are investigating after staff at an outdoor pool found razor blades at the bottom of the pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Akin apologizes, but refuses to quit race



Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican Congressman appears on radio show as party members call for him to drop out of Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachu-

setts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," he said. "And my belief is we're going to take this thing forward and, by the grace of God, we're going to win this race."

THE ASSOCIATED PRESS

Better than a fully loaded taco, it's The Works.



Introducing The Works plan.

Canada-wide Calling¹

Up to 150 Anytime Minutes

Unlimited 5pm Evenings & Weekends²

Call Display and Voicemail Included

Unlimited Messaging (Text and Picture)³250 MB of Data OR BlackBerry® Social⁴**\$40** Per Month

Sign up now!
Offer ends
Sept. 27, 2012.

koodo

Good call



FUTURE SHOP

MOBILE SHOP

Walmart

koodo
shop

Halifax Shopping Centre
Mic Mac Mall
Sunnyside Mall

(1) Calls must be made and completed within Canada. Anytime minutes apply. (2) Unlimited calling from 5pm to 8am, Monday through Thursday, and from 5pm Friday to 8am Monday. (3) Excludes premium messages and subscription-based messages. Availability of service will vary by country and is subject to change without notice. (4) For 250 MB of data, data coverage rate of 5¢/MB applies. Roaming rates apply outside of Canada. Cannot be added to a BlackBerry smartphone. For BlackBerry Social Add-on, email and web browsing are excluded. Tethering rate of 5¢/MB applies within Canada. Roaming rates apply outside of Canada. Includes Yahoo!® Messenger, MSN® Messenger, Facebook® and more. For a complete list of IM sites, visit koodomobile.com. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.

**2012
COMPANY
LOANERS**

New! *for the price of* **USED**



**2012 CHRYSLER
300 LIMITED**
WAS \$42,365
NOW \$36,877
Stk# LP127097

**2012 DODGE
CHARGER SUPERBEE**
WAS \$47,685
NOW \$41,577
Stk# LP234042



**2012 DODGE
CHARGER SRT-8**
WAS \$52,890
NOW \$43,877
Stk# LP254990

**2012 CHRYSLER
300S MOPAR EDITION**
WAS \$53,090
NOW \$46,877
Stk# LP315289



More Awesome August **HOT HOT DEALS**



**2012 DODGE
JOURNEY SXT**
SAVE over \$5,000!
Starting from **\$22,677**
10 to choose from!



**2012 DODGE
JOURNEY RT AWD**
WAS \$33,920
NOW \$27,977
2 to choose from!



**2012 CHRYSLER TOWN
& COUNTRY TOURING**
WAS \$46,470
Starting from **\$33,877**
Stk# LP291736



**2012 JEEP GRAND
CHEROKEE LAREDO**
WAS \$49,435
NOW \$42,477
Stk# LP313037



**2012 JEEP GRAND
CHEROKEE LIMITED**
WAS \$51,645
NOW \$44,877
Stk# LP164799



**2012 JEEP GRAND
CHEROKEE OVERLAND**
SAVE over \$7,000!
Starting from **\$46,277**
3 to choose from!



**2012 GRAND
CARAVAN SE**
SAVE over \$10,000!
Starting from **\$22,790**
2 to choose from!



**2012 GRAND
CARAVAN RT**
WAS \$44,115
NOW \$33,177
2 to choose from!



**2012 GRAND
CARAVAN CREW**
WAS \$46,540
NOW \$35,577
Stk# LP307143



**2012 DODGE
DURANGO CREW AWD**
WAS \$48,445
NOW \$37,777
Stk# LP151856



**2012 DODGE
DURANGO CITADEL**
SAVE over \$7,000!
Starting from **\$45,677**
3 to choose from!



**2012 RAM 2500
LARAMIE**
WAS \$60,514
NOW \$47,977
Stk# LP140682

Prices exclude taxes and fees. Vehicles are exactly as shown. Please see dealer for details.

DARTMOUTH
Where Nova Scotia Comes to Save!
469-9050 ddodge.com

Metro's Only Mopar Express Lane

MOPAR EXPRESSLANE
FAST OIL CHANGES & MORE

Hours
Mon-Thurs
8am-8pm
Friday
8am-6pm
Saturday
8am-4pm

Ottawa revamps system for judging skilled immigrant applications

Citizenship. Language proficiency becomes most important factor

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and jiggled minor point allocations.

Under amendments to the federal skilled-worker program published Friday, language proficiency — a strong indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth a maximum of 28 points, up from 24.

The total "passing" mark will remain at 67, but the revised grid will favour younger

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are also contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.

immigrants by awarding a maximum of 12 points for applicants in the 18-35 age bracket. Applicants over 46 would get 0 points.

"These changes will reflect the relative value Canadian employers place on foreign work experience, and redirect points to language and age factors, which are better indicators of success," said the government statement.

TORSTAR NEWS SERVICE



Fire sweeps through Croatian countryside

Croatian firefighters attempt to extinguish a forest fire near the town of Perkovici near Sibenik, 230 kilometres south of the Zagreb, Croatia, on Monday. Firefighters fought a fire that destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot as two groups of inmates waged a gunbattle inside the penitentiary, Venezuelan officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons and become a major problem for President Hugo Chavez's government.

THE ASSOCIATED PRESS

Mexico

Two killed in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. Health Department spokesman in Tlaxcala state Yered Gallardo says the dead include one man who was crushed against a barrier by a charging bull. Another elderly man died Sunday after a bull escaped its enclosure and went running through the streets.

THE ASSOCIATED PRESS

SHOP • CA™

SHOP & EARN, EVERY TIME!™

CANADA'S BIGGEST STORE

We've got everything for your little bundle

- ☒ Free shipping on millions of products
- ☒ Brands that you love and trust
- ☒ Shopping from the comfort of your home
- ☒ Up to 2.5% Rewards Cash - Amazing!

www.shop.ca



PLUS SIGN-UP AND **GET \$10 REWARDS CASH** ON YOUR FIRST \$25 PURCHASE



CHEVROLET

CHEVROLET
SUMMER
BREAK
EVENT

NEW
LOWER
PURCHASE
PRICES
ON SELECT MODELS



EQUINOX

6.1 L/100 KM
HIGHWAY

LTZ MODEL SHOWN

CONSUMERS DIGEST BEST BUY FOR THE THIRD YEAR IN A ROW*

2012 EQUINOX LS

PURCHASE PRICE WAS ~~\$26,299~~
PURCHASE PRICE NOW
\$24,299†

OR
FINANCE FOR **0%**
FOR UP TO **84 MONTHS***
on LT and LTZ models

FINANCE AT 2.49% FOR **84 MONTHS***

- IIHS 2012 Top Safety Pick**
- Consumers Digest Best Buy for the Third Model Year in a Row (2010-12 MY)†
- Standard Bluetooth® Connectivity
- OnStar® with 6 Months Turn-By-Turn Navigation
- 17" Aluminum Wheels
- Available Intelligent All-Wheel-Drive System
- Everything you want in a Compact CUV
- No Compromises Required

Come see what's new at your local Atlantic Chevrolet Dealer today.


THE BEST COVERAGE IN CANADA
5 YEARS
160,000 KM*


Student Bonus
 Save up to \$750 on an eligible new GM Vehicle! ■■


OnStar


ATLANTICCHEVROLET.CA

15 KM FROM START TO FINISH



**SHE
SAYS ...**
Jessica Napier
metronews.ca/voices/
she-says

dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagrunning.'"

those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

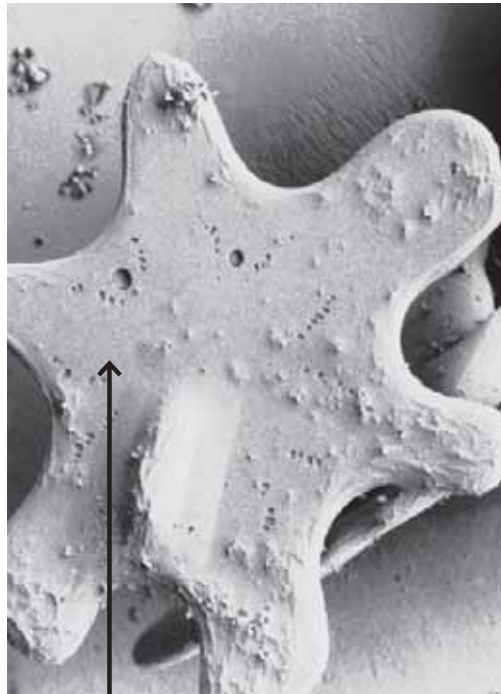
14 km: OK, you can do this. Harder, better, faster, stronger.

15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

end I celebrated my 27th birthday thought I should do something different to mark the occasion. than planning a night out of booz-debauchery with my nearest and

Snow way ... that's H₂O?



ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.

- **Objective:** to find out the water content of the winter

snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."

- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.

Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."



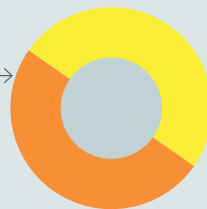
During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES



Register at metropolitanpanel.ca and take the quick poll

Would you stay at an Ikea hotel?

50%
NOT IF IT
ENTAILS
FURNITURE
ASSEMBLY.



50%
ONLY IF I CAN
GET SOME OF
THOSE
SWEDISH
MEATBALLS.



Twitter

@brianmacquarrie: If I were mayor of Halifax: We would stockpile all the Cadbury mini eggs melt them and then blast the streets covering them with chocolate

@Countryhunnies25: @KeithUrban rocked our worlds in Halifax last night he even noticed little ol me and my poster ;) No picture with him or auto-graph though.

@Countryhunnies25:

Is now even more so addicted to @KeithUrban music after the show in Halifax thanks for noticing my poster :)

@PJamshidi: everyone in halifax is officially decked out in victoria secret sweat suits, slowly replacing the lulu lemon fad

@_ScottyMac: Off to check out the halifax apple store. #leavingmywalletinthecar

With *The Expendables 2* taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York



The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgård

High-power head count: 11

Critical reaction: 92 per cent approval rating on RottenTomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, *The Avengers* offered a well-rounded meal for hungry comic book fans.

Opening box office take: \$207.4 million

Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken



High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema.

Opening box office take: \$9.3 million

5 of the best ensemble films

Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernie Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: \$38 million



The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on RottenTomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine *Empire* named it the 159th best film of all time.

Opening box office take: \$8.5 million



The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on RottenTomatoes.com

What made it great: The first *Expendables* film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: \$34.8M

2 SCENE

On the web



Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of *The Sopranos*

My favourite
class? Shop!



Visit the Mic Mac Lounge to pick up your free copy of the Mic Mac Mall Insider — full of tips, trends and deals!
ALSO

Submit your Mic Mac Mall store receipts with a minimum value of \$50 and be entered to WIN a \$1,000 gift card!
For full contest rules visit micmacmall.com



MIC MAC MALL

For all your back to school answers.

DISCOVER **FRESH JUICE!**
YOUR BEST SOURCE FOR FUN, FAST,
HEALTHY AND DELICIOUS MEALS!



Check out
FreshJuice.ca
for more than
1,500
recipes—
updated daily!

ON
NEWSSTANDS
NOW!



We're Tweeting all about fresh
food news and wellness tips

 [Twitter.com/FreshJuiceCA](https://twitter.com/FreshJuiceCA)

View not-to-be-missed food
inspiration on our Pinterest board

 [Pinterest.com/FreshJuiceCA](https://pinterest.com/FreshJuiceCA)

Find us on Facebook: We're talking
about recipes and nutrition and sharing
behind-the-scenes photography!

 [Facebook.com/FreshJuiceCA](https://facebook.com/FreshJuiceCA)

Sign up for our e-newsletter at FreshJuice.ca for exclusive recipes,
plus health and nutrition news, delivered to your inbox weekly!

tc • MEDIA



Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."

Phyllis Diller passes away at 95

Comedienne and actress Phyllis Diller died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with

Bob Hope and is credited with paving the way for female comedians.

She continued to work until recently, making cameo appearances in film and television and performing standup in 2007 on The Tonight Show.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month

after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.



Justin Timberlake and Jessica Biel ALL PHOTOS GETTY IMAGES

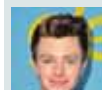


Private aisle: Did Justin and Jessica have a secret ceremony?

Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming,

this weekend — the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their quests were staying at the Four Seasons resort nearby, according to Charlton's source.

Twitter



@chriscolfer

Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.



@TheEllenShow

13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.



@SethMacFarlane

I fear no man or thing the way I fear a bee in my car.



@katyperry

Meditation is the new xanax.

FIVB
BEACH VOLLEYBALL
SWATCH JUNIOR
WORLD CHAMPIONSHIPS
HALIFAX, CANADA 2012

FOR
TICKETS
GO TO

AUGUST 29 - SEPTEMBER 2

SAND JAM HALIFAX.CA



@sandjamhalifax



/sandjamhalifax

Mikasa

swatch+

NOVASCOTIA.COM
Shaped by the Sea

BellAliant
FibreOP

101.3
BOUNCE

Waterfront Development



Corona
Extra

HALIFAX
REGIONAL MUNICIPALITY



WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:  

Buy For:
\$25

**\$25 FOR \$75 TOWARDS
ALPHABET ART PRINTS
FROM IMAGINE LETTERS**

Regular Price: \$75

You Save: \$50

Discount:
67%



Buy For:
\$39

**\$39 FOR 1 PAIR OF FULL-LENGTH FOOT
MUSCLE STRENGTHENING INSOLES FROM
BAREFOOT SCIENCE PRODUCTS AND SERVICES
(A \$80 VALUE)**



Buy For:
\$8

**\$8 FOR A MOBILE WALLET FROM SUPER
GADGETS (A \$35 VALUE)**



Buy For:
\$15

**\$15 FOR \$30 TOWARDS BOOKS AND MORE
FROM BOOKCLOSEOUTS.CA**



Buy For:
\$79

WagJag Golf

**\$79 FOR AN AUTHENTIC PAIR OF GREG NORMAN
SUNGLASSES (AN UP TO \$171 VALUE) INCLUDES SHIPPING**



Visit: **WagJag.com**

Follow us:



**facebook.com/wagjag
@wagjaghalifax**

Hurry to WagJag.com to purchase local deals before time runs out.

How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, de-bloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as

anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."



Drink it up. THINKSTOCK

Take note. Three things you should know before starting a juice detox



"While your liver, kidney and skin regularly function as your detox organs, they sometimes need a little help because we no longer eat pure, unadulterated foods 100 per cent of the time," says Zoë Sakoutis, founder of the Blue Print Cleanse. She gives us a few pointers.

1 The top five foods to include in a juice are dark leafy greens such as broccoli and kale, as well as lemon, watermelon, cucumber and beets.

2 Nutrients in juice-form can be absorbed and assimilated more easily, so your body isn't spending much energy on digestion, and is able to rest and restore itself whilst being fuelled with raw energy.

3 The benefits of a juice detox include increased energy levels, improved sleeping patterns and better digestion.

METRO

Recipes

Here's three juice recipes from Dr. Lipman's cleanse program. Blend away...

Pineapple Smoothie (serves 1)

- 1/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup frozen pineapple pieces
- 1 tbsp shredded unsweetened coconut
- 4 ice cubes



Greena-Colada Avocado Smoothie (serves 1)

- 1 cup frozen pineapple chunks
- 1 cup coconut water (or almond milk or water)
- 1/4 avocado
- 1 tbsp coconut oil
- 2 ice cubes
- 1/4 avocado



Blueberry Pear Smoothie (serves 1)

- 1 large ripe pear, peeled and diced
- 1/2 cup frozen blueberries
- 1 teaspoon vanilla extract
- Pinch of ground ginger
- Juice of 1/2 a lime
- 1/2 cup almond milk
- 1/2 cup filtered water
- 3-4 ice cubes



3

THINGS

On the Web



SuperAgers in 80s have brains similar to those 20, 30 years younger: study

TIRED OF ER WAITS? WE CAN HELP



one number for all locations

420-6060

Spring Garden Road
Joseph Howe Drive
Baker Drive*
Sackville Drive

Walk In or Call
Same Day Appointments
www.thefamilyfocus.ca

*Family physician accepting
NEW patients!

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of *Revive: Stop Feeling Spent and Feel Great Again*



Skip the pasta noodles and give lasagna potato power



This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato

sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Everyone likes a burger
on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

- 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat

- 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat

- Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

- Mustard adds zero calories, no

fat

- Dill pickle adds zero calories and no fat
- Dill pickle relish adds zero to five calories and no fat
- Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

- 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)
- 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs
are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Skillet super. Potato & Roasted Red Pepper Frittata

1. Dice potatoes into 1/2-inch (1 cm) cubes; set aside.

2. In skillet heat oil over medium high heat. Add potatoes, onion, garlic, Italian seasoning, salt and pepper. Cook, stirring 5 mins. Reduce heat to medium, cover and cook, stirring once about 5 mins. or until potatoes are tender. Stir in roasted peppers and parsley.

3. In bowl, beat eggs and Asiago cheese. Pour over potato mix, lifting and stirring eggs into mixture with spatula. Cook, 8 mins. or until bottom is light golden and top is set. Place large plate over skillet and invert frittata onto plate. Slide frittata back into skillet and cook for 5 mins. or until bottom is golden.

NEWS CANADA

Ingredients

- 3 red Ontario Potatoes (about 1 lb/500 g), scrubbed
- 2 tsp (25 ml) extra virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper
- 1/2 cup (125 ml) diced roasted red peppers
- 3 tsp (45 ml) Italian parsley
- 6 eggs
- 1/2 cup (125 ml) shredded Asiago cheese



ENERGY 103.5 RUSH
ENERGYRUSH.CA
 AUG 25TH - ALDERNEY LANDING
47 * service charges
ADVANCE

ROGERS

Jessy's

metr

BLU LIGHT

ICE

Hampden

THE GARDEN

PSEUDIO

T-PAIN ANJULIE ZOLO DRUM
 FAR EAST MOVEMENT

LUDACRIS

Sometimes even the bank screws up too

Alison's money rule.
Follow these four tips to help you deal with those big bank errors



YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not

authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention

There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts

Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder

All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper

Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.



Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

How to use a dinner napkin



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

There's always debate on the proper use of a dinner napkin. How about in this instance? If a person has used a table napkin, then that would mean there is food on it, as well as some of the diner's saliva. Therefore, if they left this napkin on their chair, the next person to sit there would get traces of said offending materials on their clothing.
Kristin

Dear Kristin,
Since my previous article about the use of dinner napkins, I have received many, many emails like yours. But you made me think that perhaps people may be confused on how best to use a dinner napkin that actually avoids everyone's concerns about soiling the seat and clothing.

When you first sit down and place a clean napkin on your lap the napkin should be folded in half lengthwise — the folded end goes toward you and the open end away from you (where your knees are). When you need to use your napkin, always bring the

open end up to your mouth and wipe your lips/mouth with the inside portion of the folded napkin. This keeps the dirt, food and grease away from the outside of the napkin and thus protects your clothing when you put it back on your lap, or should you need to leave it on the chair.

Based on your emails, many readers feel very passionate about napkin etiquette. I mean, who knew?

MAKE YOUR GOLDEN YEARS GOLDEN.

Flexible hours. We're hiring.

Earn money after retirement. Enroll in our **Tax Training School**, the most comprehensive tax training program in Canada and make money in your extra time.

As one of our tax professionals you could enjoy the benefits of **seasonal full or part-time work** and flexible hours. Classes start mid-September.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625)



H&R BLOCK

Enrollment restrictions may apply. Enrollment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2011 H&R Block Canada, Inc.

15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Kat!

Discovered this week:

- ★ Haley from Newfoundland
- ★ Sam from Upper Tantallon
- ★ Jody from Sackville
- ★ Kayla from Sackville

Interactive NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

Get the BOUNCE Mobile app here

Cassanova Siamese Mix



1-year old Cassanova was found in Sydney with a sore left eye. He came to us in Dartmouth and his eye is now almost healed. His lovely azure blue eyes indicate that he has some Siamese in his background. Cassanova loves attention, lots of petting and offers an endearing muted MEOW for everyone that stops by for a visit. He really wants to make friends but draws attention to himself in a bashful manner... Cassanova is all sweetness and no ego. His gentle personality is warm and kindly. We believe he would do well in a home on his own or in one that already has feline residents.

For more information on Cassanova and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



278 Lacewood Drive
Clayton Park
431-8665



Saturday, Sept 15
11:00am – 3:00pm
Entertainment, BBQ demonstrations & more!

METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA



Valley United's Cathleen Bleakney, left, and Suburban FC's Shanice Maxwell chase a loose ball at midfield during the Nova Scotia EastLink Premiership women's final at Mainland Common on Monday. JEFF HARPER/METRO

Suburban claims 1st women's soccer title

NSSL. Halifax's Danielle MacDonald scores late winner to send her team to national championship



MATTHEW WUEST
matthew.wuest@metronews.ca

Danielle MacDonald was only rewarded once for a highlight-filled night of hard work at Mainland Common on Monday. But that was all Suburban FC needed.

The 19-year-old striker from Halifax scored the

game-winning goal in the 90th minute to lift Suburban FC to a 1-0 victory over Valley United and win the club's first Nova Scotia EastLink Premiership women's soccer title.

MacDonald, who had countless offensive chances throughout the night, took a pass from Kara Slawter inside Valley's 18-yard box, patiently shook loose two defenders, and then booted it home.

"I don't even remember it, really, it was all a blur," said MacDonald, who hurdled into the post-game team picture with a cartwheel.

"I just remember thinking, 'This is it. All or nothing. You've got to do it, you've got

to prove yourself.' I did it for the team and this is just awesome."

Added Slawter: "All I was thinking was get the ball to Danielle because I know she can finish, and she did. She got us to nationals."

Suburban was the bottom seed going into the playoffs last week after a 6-5-4 regular season, but it knocked off Halifax City 4-2 in the quarter-finals on Friday and took down Halifax Dunbrack 2-1 in a David-and-Goliath matchup on Saturday.

MacDonald, who had four of Suburban's seven playoff goals, also netted the game-winner in the 86th minute

against Dunbrack, the top seed and three-time defending champion.

"Valley's a great team, but we knew if we could beat Dunbrack, this was it," said MacDonald, who plays at the university level for the Cape Breton Capers.

"We couldn't walk away knowing we beat Dunbrack and lost here. We weren't losing. We had to win."

Keeper Sami-Jo Bell got Suburban through some tense moments in the second half and posted the shutout.

Suburban will compete at the Jubilee Trophy national championship from Oct. 3 to 8 in Winnipeg.

QMJHL. Mooseheads GM 'pretty excited' about roster, makes no pre-season moves

The Halifax Mooseheads stood pat through the QMJHL pre-season trade deadline on Monday.

The Mooseheads, who have 35 players at main camp at Cole Harbour Place this week, are happy with what they have and will adjust their roster during the final trade period in December, if necessary.

"I'm pretty excited about where we're at," said Mooseheads general manager Cam Russell. "We've got a ton of depth up front and on the back side. There was some trade talk with some other teams, but nothing that made

sense for us. At this time of year, teams are just trying to unload guys."

The Mooseheads did make six cuts on Monday and saw two players voluntarily depart. Goalie Marc-Olivier Daigle and forwards Alex Scully, Craig MacLaughlan, Mike Molloy, Anthony Cardinal and Luke Warner were sent home while forwards Nick Parker and Philip Fife left on their own.

Of the eight, only Daigle played for the Mooseheads last season. The 18-year-old served as backup from January on after Anthony Terenzio went down with injuries.

Daigle went 2-0-1 and had a 4.13 goals-against average and a .851 save percentage.

Forward Dominic Beauchemin, a 19-year-old who put up 75 points in 41 games at the Quebec junior AAA level last season with Longueuil, survived the QMJHL's deadline for CEGEP cuts and has earned a roster spot for 2012-13.

METRO



For more on the Mooseheads roster, Beauchemin, and Martin Frk's knee surgery, visit metronews.ca/qfiles

Football

New Huskies coach eager to get started

Perry Marchese has been waiting six months for this week to come.

Named head coach of the Saint Mary's football team in February, he finally opens training camp with player registration on Tuesday and holds his first practice at Huskies Stadium on Wednesday.

"The guys are pumped, our coaching staff is pumped, and we're just ready to get on the field and get going," Marchese said.

Marchese, a former Saint Mary's quarterback, takes over a Huskies team that went 6-2 and lost to the Acadia Axemen in the Atlantic University Sport final last year, ending a run of four straight titles.

With seven returnees on the offensive line, including all-star Guillaume Gagnier, Marchese hopes the unit will provide a foundation for success.

"We're pretty excited to have the base of the O-Line back," Marchese said. "There's a good core of seven or eight players coming back. It's huge. They all got a ton of playing time last year."

Behind the line he's excited to have quarterback Jack Creighton back for a fifth year, and he has high hopes for a veteran group of receivers, which includes former conference MVP Jahmeek Taylor and Kevin Wuthrich.

"They're going to be a ton of fun to work with," Marchese said.

Defensively, linebackers Kyle Norris and Marvin James Golding and all-star lineman Rob Juvenille could be difference-makers.

Despite a late start to recruiting, Marchese has brought in 20 new faces.

"Fans will find out what their names are pretty quick," Marchese said.

He hasn't set any specific goals other than to "win every play" and hopes the Huskies are a fun team for fans to watch.

"I'm hoping they see a team that has a lot of fun and plays their butts off," Marchese said. METRO



Saint Mary's head coach Perry Marchese METRO FILE

Mobile sports



His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted. "This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."



A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national



Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and

look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS

CHL. Junior hockey union close to becoming reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more than 1,300 junior hockey players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the Ontario Hockey League, Quebec Major Junior Hockey League and Western Hockey League. Players aged 16 to 20 years old leave their homes to play for teams across the country and in the United States.

Junior hockey players currently get a \$50-a-week stipend — along with room and board.

"They've made a lot of money for a lot of people," said Clarke.

The junior leagues are the

Quoted

"There's no reason I can think of that the CHL wouldn't want to have those programs."

CHLPA spokesman Derek Clarke on players' educational packages

primary producer of NHL players.

The fledgling association is taking dead aim at the educational programs put in place by the OHL, QMJHL and WHL as well as the financial windfall that goes to the CHL for all of its national and international events. The prime focus of the association would be on modifying the current educational packages available to junior players.

Educational packages vary from player to player, team to team and league to league. The new association would like to standardize those packages for all players, regardless of where they go on to play professionally, if they do.

TORSTAR NEWS SERVICE

Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his visa application rejected last week, the Coventry Blaze announced Monday. The team, which plays in the Elite



Mike Danton
THE CANADIAN PRESS

Ice Hockey League, said Danton plans to submit a secondary application.

Danton returned to pro hockey last season — playing in Sweden and the Czech Republic — after two years at Saint Mary's University in Halifax, where he helped the Huskies win a national championship in 2010 and was named an academic all-Canadian. THE CANADIAN PRESS



Eastlink Premiership Soccer

Men's Championship Final
Tonight at 6:30pm

In Brilliant HD on Channel 610



eastlink.ca

HELP WANTED

General Help



Leasing Agents
We are looking for enthusiastic individuals who are detail oriented, with excellent people skills to oversee the leasing of our buildings located in Dartmouth & Halifax. Experience in leasing Multi-Family apartment communities is an asset. If interested, please send resumes to jobs@metcap.com
Quote job id: LANS in subject line

Working Cook Manager

Beechville/Spryfield/Bedford/ Burnside School Cafeteria. Great hours!
No night or weekends
PHONE: 902-832-9489 M-F 9-4 pm
EMAIL: rchad2002@yahoo.com
FAX: 902-434-3005

Education

NICOTINE Trapping YOU?
Cough Cough Cough
Where is some relief?
Soft Laser **KILLS** the **NICOTINE URGE**
Call Doug
452-3138

PERSONALS

Personals

FAMILY MEDIATION
Separation & Uncontested Divorce
Inexpensive Service
Ph: 902-431-8881 1-877-544-8881
info@resiliencemediation.com
www.resiliencemediation.com

HEALTH & BEAUTY

Health Practitioners

Acupuncturist Ashley Roberts Dip.Ac, R.Ac is accepting new patients at a busy established Quinpool road clinic. Call today for a consult and treatment! 902-492-8839.

RENTALS

Apartments Unfurnished



Apartments For Rent

"We take care of our residents. Try us and see!"

Dartmouth Apartments

36-36A & 60 Primrose
1 BR \$ 630
2 BR \$720

Book your viewing today!
Call Mack at 902.402.3894 or
email mack@metcap.com

65 & 81 Primrose
Bach \$ 545
1 BR \$630
2 BR \$720

2 & 4 Franklyn Crt & 1-10 Crystal
1BR \$587
2 BR \$711
3 BR \$745

15, 25 & 35 Leaman
Bach \$540
1 BR \$645

87 Pinecrest Dr
1-3 Farthington Place
1 BR \$720

Book your viewing today!
Call Lynne at 902.402.6287
or email lynnne@metcap.com



Can't get a hold of us? Call our help line at 1-877-638-2271
or email us at leasing@metcap.com

SERVICES

Massage/Therapists

John Panter, Certified Rolfer™



Are you tired of chronic pain...?

902 425 2612 • fareast@auracom.com



Apartments Unfurnished

104 & 106 Albro Lake & 127 Slayter St
2 BR \$647

175 Albro Lake Rd
1 BR \$635
2 BR \$735

356 Windmill Rd
1 BR \$599
2 BR \$719

Book your viewing appointment today! Call Louay at 902.402.2915

31 & 35 Highfield Park Dr.
11 Joseph Young Dr.
1 BR + den \$566
2 BR \$627

6-16 Nivens, 77 Farrell & 15 Middle St.
1 BR \$ 610
2 BR \$725

Book your viewing appointment today! Call Sara at 902.402.2973

Halifax Apartments

1 & 11 Drysdale Rd
22-40 River Rd
1 BR \$ 511
2 BR \$625

211 Glenforest
2 BR \$806

Book your viewing appointment today! Call Louay at 902.402.2915

HOUSEHOLD SERVICES

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

Junk Removal

Junk Removal

1-888-JUNK-VAN
JUNK REMOVAL
\$25 /LOAD
+ weight
Call 1-888-586-5826
PROMO CODE 864
Expires Aug 31/12

TIME TO TOSS IT

Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction. **902-449-0232**

Trades

FINISH CARPENTER

30 years exp. of home construction renovations, additions, kitchens, bathrooms, flooring, stairs, railings, crown moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>

NEED Your Driveway Paved?

Summer Special
Call 209-5458
FREE Estimates
Seniors Discounts

VANNIE'S STONEWALLS REPAIRS A SPECIALTY

Steps, walkways, concrete etc.
20% discounts
902-435-9343

Adanac Construction Free Estimates!
Carpentry, Siding, Window, Doors, Decks & Floors. We build Sheds, Garages etc...
Fully Insured Call Stephen at **469-0536**

Gotta old couch you wanna get rid of?

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Sell Your Stuff For FREE! Call 1-800-527-6767

2 ANTIQUE CHAIRS
1 Rocking Chair...1 Straight back
Gold and black in color.
\$50 each **902-469-9848**

2 signed and framed Mario Lamieux and Chris Chelios pictures.
\$225.00 for both
902-477-8336

20 foot extention ladder
\$100 (pick up only)
(902)827-4554

2002 RV Camper Trailer 27 feet. Master Bedroom, sleeps 6, 1 slide out 13 feet, full bathroom with closets and doors. Lots of storage space. Call for more info 902-455-1995

Approx. 100 books, novels, etc.
Asking \$30 for lot. Large variety!
Call 902-455-7869

• Baby bathtub - \$5
• baby stroller - \$5
• Steel Door 6.8 ft x 2.8ft - \$20
Phone for details! Call (902)443-5374

Beautiful window swags (topper). Designer made. Creams & blue. Floral. Fits 90" opening or less. Incs. rod & wall bracket \$40 - Call 902-462-2851

Boy's Mongoose Shimono
bike - 21" \$40
Call 902-469-9848

Casio Keyboard with Stand
\$115
(902)434-4380

FOR SALE : 5 Piece Pearl Drums with symbols and cases
\$1000 OBO
902-431-6948

ladder rack for a small truck \$100
trailer hitch for a dodge truck or car \$40
Please call 876-5575

Ladies Chocolate Brown long leather coat. Medium. Excellent condition. Wear casual or dressy. Paid \$600
\$75.00 obo **902-462-2851**

Large coffee table - dark wood with wrought iron ends \$50.00
End table - glass top, wrought iron base \$40.00 **902-443-1710**

Large dog metal dog crate (indoor). Folds up flat. Used for only a few months.
\$80
Call 902-402-9348

Large mirror with white wood trim. Great for child's room
\$40.00
(902)252-2572

Lawn Mower Used 2 times
PUSH TYPE MANUAL REEL
\$50
902-864-8294

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

Love seat, Teal green valour \$125.00
Stainless steel flatware, gold plated
Service for 8 in wooden case \$50.00
902-252-6155

• **New in Box - Outdoor play set. 2 swings & a slide. \$90 OBO** • **New mountain speed bike \$350** • **Sears Tread mill like new \$550**
Call 902-434-1626 / 902-452-2566

Rare \$20.00 Canadian Error Note
Asking \$500.00
Call Bill 902-441-9900

Round end table, open at front \$20.00
Candle stick table lamp \$20.00
Drapes 70 x 60 trimmed with gold \$50.00
2 pictures \$20.00 each **902-443-1710**

ANNOUNCEMENTS

Community Events

Support Your Team with a Vote!



Help Storm Soccer Kids Win \$125,000! Vote for us every day from August 13th - 27th and help us & our community win! Every vote counts.
VOTE AT: BAROverseer.com

Spiritual

Thank-you a PRAYER to the Blessed Virgin (Never Known to fail.)
"Oh most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me you are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart to succor me in necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (say three times). Holy Mary, I place this prayer in your hands (say three times). Amen." Say this Prayer for 3 consecutive days and then you must publish it and it will be granted to you. -BK

Worship with us at Deeper Life Bible Church
Location: Canada Games Centre, Halifax
Wednesday Bible Study @ 7pm-8:30pm
Sunday Worship Service @ 10am-12pm
www.deeperlife.ca
902-817-7706
1-800-710-1517

Attention Realtors!

Want to reach over 116,900 daily Metro News readers?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Victorian Style Sofa - newly upholstered, excellent condition. Light green in color
\$250.00 can email pics
Please call 902-830-8188

WANTED Old bicycles for recycling
Will pick up (902)477-7117

Wanted old china, glass, old toys and jewelry.
Please call 902-455-9060

Weslo Treadmill Cross Country, excellent condition, all digital, fold away \$220 OBO hardly used
902-830-8188

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 - MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

Aries

March 21 - April 20

There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

Taurus

April 21 - May 21

The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

Gemini

May 22 - June 21

What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

Cancer

June 22 - July 23

There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

Leo

July 24 - Aug. 23

Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

Virgo

Aug. 24 - Sept. 23

Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

Libra

Sept. 24 - Oct. 23

According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

Scorpio

Oct. 24 - Nov. 22

You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

Capricorn

Dec. 22 - Jan. 20

You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

Aquarius

Jan. 21 - Feb. 19

Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

Pisces

Feb. 20 - March 20

The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. **SALLY BROMPTON**

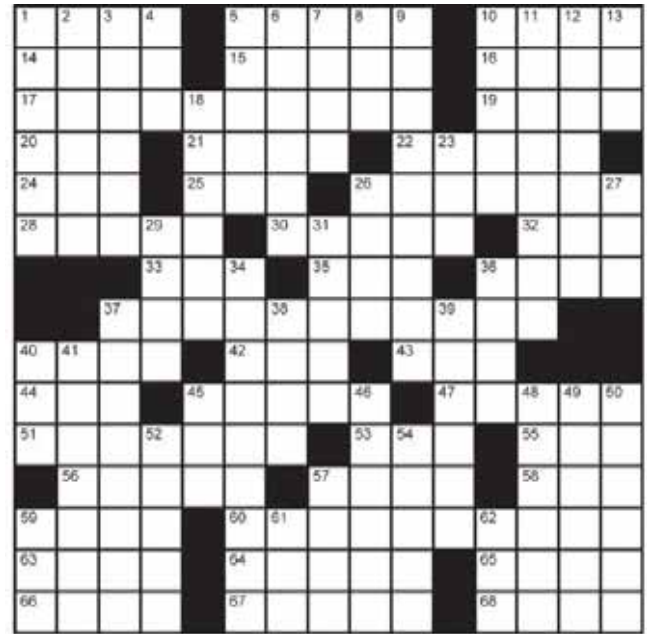
Crossword: Canadian Puzzle

Across

- Operatic solo
- "Sure, I'll handle it!" (2 wds.)
- Lhasa ____: small dog
- One of 11-Down: abbr.
- Slobber
- Astronaut team
- Montréal's ____ Seaway (2 wds.)
- Elizabeth star Blanchett
- Can. neighbor
- Sharpen
- Tax month
- The Da Vinci Code* director Howard
- Beatles hit "____ Loser" (2 wds.)
- Canada's most populous province
- Break up the romance (2 wds.)
- Dispatches
- Ending meaning "kind of"
- Club ____: vacation destination
- ____ Croix, Que.
- Wagers
- Northwest ____
- "Confound it!"
- Consumed
- Whirlpool site
- Serpentine seafood
- Assent
- Experiences pain
- Stampeders home
- Duo
- Computer key: abbr.
- "____ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
- "Whole Lotta Shakin' ____ On"
- Pontiac muscle car of the '60s
- Russian mountain range or river
- Grammy and Juno award winning French-Canadian singer (2 wds.)
- Plummeted
- School: Fr.
- About, in contracts (2 wds.)
- Versified tributes
- Distributed seeds
- Beaver projects

Down

- Allay one's fears
- Points the finger at (someone) (2 wds.)
- Vancouver ____: Victoria's location
- Alias
- Computer data holder: acronym
- Stadiums
- Not one
- ER worker, for short
- Poisonous flowering evergreen shrubs
- Ghana's capital
- Provinces between BC and 26-Across, familiarly
- The tunes a band plays at a concert (2 wds.)
- Be in debt
- Procol Harum's "A ____ Shade of Pale"
- Halves of qts.
- Aware of
- Cries of insight
- "... ____ a man with seven wives" (2 wds.)
- ____ Lauder : cosmetics
- and fragrance brand
- Hotrod showdowns (2 wds.)
- Belle's boyfriend
- Yarn-spinner's forte (2 wds.)
- Humble response to "Good job!" (2 wds.)
- "There's an app for that" device
- Xmas mo.
- Televised again



Copyright © 2012 Michael Wiesenberg

BY MICHAEL WIESENBERG

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

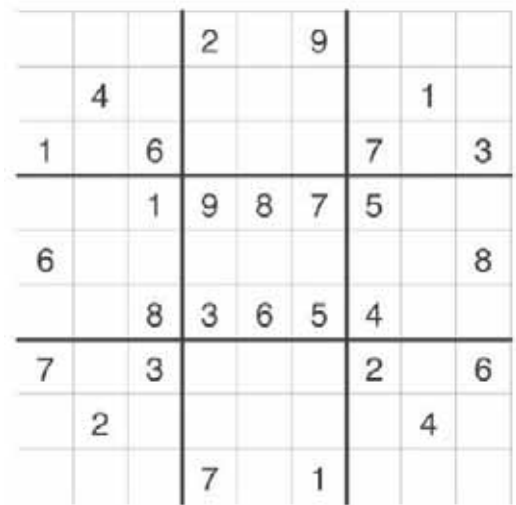


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Today
26°/15°
Partly cloudy

Wednesday
25°/15°
Showers
40%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
©The Weather Network 2012

Search over 50,000 used cars, fast and free.



 **autocatch**.com

FLIGHT CENTRE *Unbeatable*

Niagara Falls
Family Special, Air + 3 Nights

\$542⁺
from
incl \$414 base + taxes & fees \$128


INCLUDES central accom. Price per person based on family of 4.

1 866 967 5402 | flightcentre.ca

Conditions apply. Price is per person for quad occupancy (2 adults & 2 kids ages 2-17). Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.



+3
PAYMENTS
ON US[✓]

 HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM **Sorento SX shown**^Δ

7 PASSENGER
SEATING
AVAILABLE

FOR UP TO
60
MONTHS

**STEP
UP**

AT
1.49%
APR

 3.5L V6 276 HP
248 LB-FT

+3
payments
on us*
or cash equivalent

 3,500 LB TOWING CAPACITY

FOR UP TO
48
MONTHS



Sportage SX shown

Sportage SX shown^Δ

 HWY (A/T): 6.2L/100KM
CITY (A/T): 9.4L/100KM

LAST CHANCE!

2012 CLEAROUT
UP TO \$6,650 IN CASH SAVINGS[†]



Soul 4u Luxury shown

Forte Koup SX shown

Optima SX Turbo shown

Rondo EX V6 Luxury shown

Sedona EX Luxury shown



*5-year/100,000 km
worry-free comprehensive
warranty.

LIKE US ON  TO LEARN MORE.
facebook.com/kiacanada



- ✓ Military Benefit
- ✓ Mobility Assistance
- ✓ Grad Rebate



Atlantic **Kia** dealers for Atlantic drivers.



The Power to Surprise

Visit **kia.ca**
to learn more.

[illegible]